

## ZUCCHINI & CARROTS WITH WALNUTS

from [RunnersWorld.com](http://RunnersWorld.com)

### Ingredients

- |  |                             |
|--|-----------------------------|
| ½ cup chopped <b>walnuts</b>                       |                             |
| 2 medium <b>zucchini</b><br>(or any summer squash) | 1/8 tsp <b>dried thyme</b>  |
| 2 large <b>carrots</b> , peeled                    | ¼ tsp <b>salt</b>           |
| 1 Tbsp <b>olive oil</b>                            | 1/8 tsp <b>black pepper</b> |

### Instructions

- 1.** Toast the walnuts in a large non-stick skillet over medium heat stirring often, 3-4 minutes, until lightly browned and fragrant. Tip out onto a plate and set aside. Wipe out the skillet.
- 2.** Halve the zucchini lengthwise and cut the halves crosswise in two. Cut each piece into thin strips lengthwise.
- 3.** Use a vegetable peeler to cut long strips from the carrots.
- 4.** Heat the oil in the same skillet over medium heat. Add the carrots and sprinkle with the thyme, salt and pepper. Cook, tossing often, for 3 minutes or until nearly tender. Add the zucchini and cook, tossing, for another 3-4 minutes or until tender.
- 5.** Sprinkle with the walnuts.